

SEASONAL FOODS

MAY

Georges Mouton MD
& Glen Matten MSc

FUNCTIONAL MEDICINE Ltd.

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Your health today and tomorrow

Vegetables:

- + artichoke, aubergine, beef tomato, courgette, pepper, tomato
- + asparagus (white, green), rhubarb, cucumber, fennel
- + beetroot, carrot
- + broccoli, cauliflower, Chinese cabbage, kale, kohlrabi
- + broad bean, green beans, peas
- + daikon radish, jersey royal new potatoes, potatoes, radish
- + chard, chicory, endive, purslane, rocket, romaine lettuce, spinach, quinoa, sorrel, watercress, wild nettles
- + basil, chervil, coriander, dill, oregano, mint, parsley, rosemary, sage, tarragon
- + nasturtium, elderflower
- + chives, garlic, onion, shallot, spring onion
- + samphire
- + lemon verbena
- + morel mushroom

Indigenous Fruit :

- + cherry, gooseberry, melon, nectarine, peach, plum, strawberry

Exotic Fruit (imported):

- + banana
- + blood orange, grapefruit, lemon, orange,
- + kiwi, passion fruit
- + avocado, mango, papaya

Meats, Game, and Poultry:

- + goat, lamb, rabbit, veal, wild boar
- + wood pigeon

Fish & Seafood:

- + bass, bream, carp, cod, coley, flounder, haddock, monkfish, perch, plaice, salmon, sardine, sea trout, skate, sole, whitebait
- + eel
- + crab, crayfish, langoustine, lobster, prawns, shrimps, whelks

Miscellaneous

- + eggs; honey